

## What's new in the PCANCAS 2021 Preliminary Coach Qualification?

The 2021 PCANCAS Preliminary Coach Manual contains the following updates:

### Pony Club Coaching

- The history of Pony Club in Australia
- How to motivate young people
- Explaining and self-monitoring for coaching bias
- Identifying the needs of older riders
- Identifying the needs of Indigenous riders.

### Risk Management

- Tools for estimating and mitigating risk
- Incident reporting
- Knowing how to manage a horse exhibiting flight response
- Knowing a loose horse-protocol.

### Horse Care

- Recognising and interpreting horse body language (previously recognising aggression)
- Hosing the hot horse
- Knowing how to use the six-point body scoring chart to evaluate a horse's condition
- Recognising signs of pain in horses
- Using a taper gauge to check noseband fit
- Understanding the five freedoms
- Knowing how to take the horse's vital signs
- Knowing how to make scientifically informed decisions about rugging horses
- Fitting, storage, maintenance and care of rugs
- Understanding the importance of horses as grazing animals.

### Horse Riding and Training

- Knowing how to respond to a horse that stops or runs out
- Understanding and explaining the concept of self-carriage
- Communicating position corrections to riders in an effective manner
- Giving a basic description of Equitation Science
- Knowing the main traits of horses and explaining and identifying their flight response
- Knowing the 10 Equitation Science principles of training
- Explaining pressure-release training (negative reinforcement)
- Explaining reward training (positive reinforcement)
- Explaining punishment and why it should be avoided
- Explaining habituation
- Explaining the importance of safe groundwork and what that entails
- Knowing Positions 1 and 2 for conducting groundwork
- Knowing the aids for the first three foundation responses on the ground
- Knowing some exercises for teaching the first three foundation responses on the ground
- Understanding why 'following' should be discouraged
- Explaining how to use the whip as a training tool and not as a form of punishment
- Being familiar with the Equitation Science training scale.

Alongside these additions, some sections have been moved from the PCANCAS Preliminary Coach Qualification to the PCANCAS Level 1 Coach Qualification, including but not limited to: removing a shoe, weighing a horse, and advanced arena figures and tracks which are not required for teaching riders up to and including D\*.

